Toddler

Cardio exercise - Baby Shark

Focus
- Increasing blood flow.
- Increase heart rate.
- Building fitness levels.
- Reduce stiffness in joints.
- Weight control.
- Increase flexibility.
- Bonding with baby.

Tips
- Have fun whilst exercising!
- Choose a song you and your child enjoy.

Difficulty
Beginner – n/a
Intermediate – n/a
Advance – n/a

Mummy and baby bear crawls

Focus
- Full body exercise
- Strengthen the core, chest, shoulders and quads.
- Improve fitness levels.

Tips
- Keep your arms straight.
- Bend your knees 90 degrees below your hips.
- Hips should be higher than shoulders.
- Keep weight on hands, not toes.

Reps and sets
See below.

Difficulty
Beginner – 2 reps x 20 secs
Intermediate – 3 reps x 30 secs
Advance – lower knees closer to the ground, and lower hips. 2 reps x 30 secs
**Baby biceps curl**

**Focus**
- Strengthens the triceps.
- Bonding with baby.

**Tips**
- Pull in your abdominals and stand tall, with knees slightly bent.
- Make sure the child is in a comfortable position.
- Read the body language of the child, to see whether they are enjoying the exercise.
- Concentrate on the movement rather than speed.

**Reps and sets**
8-10 reps x 3 sets.

**Difficulty**
- Beginner – 8-10 reps x 1 set.
- Intermediate – 8-10 reps x 2 sets.
- Advance – 8-10 reps x 3 sets.

**Row Row Row Your Boat**

**Focus**
- Great form of core exercise to strength the abdominal muscles.
- Bonding with baby.

**Tips**
- Hold child in a comfortable position.
- Have fun with your child.

**Reps and sets**
Aim for between 30-45 seconds.

**Difficulty**
- Beginner – Only lean slightly back before coming back up.
- Intermediate – Lean further back before coming back up.
- Advance – Lean further back and hold for 5-10 seconds before coming back up.
Jump up and sit down

Focus
- Building your leg muscles – quadriceps, hamstrings, and calves.
- Improving muscle mass.
- Great for improving your cardiovascular system.

Tips
- Concentrate on the technique i.e. slower movement rather than speed.
- Try jumping up and sitting down to your baby favourite nursery rhyme!

Reps and sets
Aim for 8-10 reps.

Difficulty
Beginner – 8-10 reps x 1 set with normal speed.
Intermediate – 8-10 reps x 2 sets plus increase speed slightly.
Advance – 8-10 reps x 3 sets plus increase speed rapidly.
Mum and Toddler circuit

You can make these exercises into a circuit by following the steps below. Repeat circuit x 3 = 21mins circuit.

Cardio exercise – Bay Shark 30 seconds exercise / 30 seconds rest

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Mummy and baby bear crawls 30 seconds exercise / 30 seconds rest

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Baby biceps curl 30 seconds exercise / 30 seconds rest

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Row Row Row Your Boat 30 seconds exercise / 30 seconds rest

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Jump up and sit down 30 seconds exercise / 30 seconds rest

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Followed by a 2min recover period then repeat

Please note – if you find this circuit to easy you can progress by following the intermediate or advance routines above.